

PE Skills, Knowledge and Vocabulary Progression



Year 2

	<u>Run, jump, throw</u>	<u>Hit, catch, run</u>	<u>Send and return</u>	<u>Attack, defend, compete</u>	<u>Gymnastics</u>	<u>Dance</u>
<u>Skills</u>	<p>Make choices about appropriate throws for different types of activity</p> <p>Can identify areas of activities that need improvement e.g. power in throws to throw further</p> <p>Develop power, agility, coordination and balance</p>	<p>Make choices about where to hit the ball</p> <p>Make tactical decisions about where to position themselves in the field</p> <p>Has developed hitting skills with a variety of bats</p> <p>Practised bowling/feeding a ball to other players</p> <p>Run in a game to score points</p> <p>Attempted to</p>	<p>Decide on and play with dominant hand</p> <p>Develop tactics to outwit your opponent so they cannot return the ball</p> <p>Demonstrate basic sending skills in isolation and small games</p> <p>Show agility to track the path of ball over a line/net and move towards it</p> <p>Hit a ball using</p>	<p>Select and apply a small range of simple tactics</p> <p>Begin to look for space to pass into or run to in order to receive</p> <p>Select the more appropriate skill to move forwards to shoot</p> <p>Can send a ball using feet</p> <p>Can receive a ball using feet</p> <p>Link combinations of</p>	<p>Comment on aspects of own and others performances</p> <p>Perform with control and consistency</p> <p>basic actions at different speeds and on different levels</p> <p>Create and perform a simple sequence</p> <p>Show contrasts in gymnastics shapes and actions</p>	<p>Select movements that show a clear understanding of the theme/story/idea of the dance</p> <p>Show confidence to perform in front of others</p> <p>Show some sense of dynamic, expressive</p>

	<p>over a variety of activities Can throw and handle a variety of objects including quoits, beanbags, balls, hoops Can negotiate obstacles showing increased control of body and limbs Use agility in running games Apply skills in a variety of activities Practise to improve skills Discuss thoughts and feelings around physical challenges and</p>	<p>play the role of wicket keeper or backstop Makes attempts to catch balls coming towards player in games Can work in small groups to field and bat Display sportsmanship when competing against others</p>	<p>both hand and racquet with some consistency Return a ball coming towards them using hand or racquet Play in a modified game send and returning the ball over a line/net Start a game using basic serving skills Has developed hitting skills with a variety of bats</p>	<p>skills e.g. dribbling and passing with hands in isolation and combination Can send a ball using hands Can receive a ball using hands Can play in a variety of positions in both defence and attack Work with a partner and in small groups to develop skills Show awareness of teammates and opponents in games</p>	<p>Work to improve flexibility and strength Attempt to use rhythm whilst performing a sequence Use core strength to link gymnastic elements e.g. back support and half twist Remember and repeat sequences Reflect on own performance and use scoring system to judge performance Develop character and maturity to work in close proximity with</p>	<p>and rhythmic qualities in their own dance Use different parts of the body in isolation and combination Perform with control and balance and demonstrating coordination Explore and use basic choreography including levels, speed changes, unison and canon Move with imagination</p>
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	<p>what it means to be a team player</p> <p>Work cooperatively to complete running, jumping and throwing tasks</p> <p>Consider others when playing games to respect their space and boundaries</p>				others	<p>responding the music</p> <p>Perform with expression</p> <p>Attempt to work as part of a group to perform a dance</p> <p>Able to comment on ideas and emotions and how they can be portrayed through dance</p>
<u>Vocabulary</u>	Run, hop, skip, step, forwards, backwards, sideways, throw, high, far, straight, furthest, distance, fast,	Hit, catch, runs, wicket, bats, bowl, feed, throw, catch, underarm, overarm, field, hitter, bowler, umpire, posts,	Hit, collect, stop, net, throw, roll, strike, catch, bowl, feed, pick up, hitter, forehand, backhand, court,	Aim, attack, compete, controlling, cooperate, defend, direction, fluency, following, heart	Jump, roll, balance, travel, control, speed, link, slow, fast, high, low, shape, sequence, pattern, movement,	Dance, twist, turn, rhythm, step, music, beat, stretch, feet, curl, high, low, fast, slow,

	slow, medium, link, skipping, power.	stumps.	serve, bounce, drop, badminton, tennis, volleyball, squash, shuttlecock, racquet.	rate, kick, outwit, physical activity, pitch, play against, rebound, receive, scoring, send, speed.	music, timing, hang, like, carry, relaxation, extension, body tension, muscles, strength, rock, roll, turn, spin.	direction, huddle, group, mood, feeling, musicality, respond, galloping, flying, jumping.
<u>Knowledge</u>	<p>-I know that my hearts beats faster when I exercise.</p> <p>-I know that blood circulates around my body carrying oxygen for energy.</p> <p>-I know that I will sweat to cool down when I exercise.</p> <p>-I know that warming up and cooling down are important when exercising.</p>	<p>-I know how to score points.</p> <p>-I know the rules of the game.</p> <p>-I know the role of the fielder.</p> <p>-I know the role of the batter.</p> <p>-I know what my role is in the game and others on my team.</p> <p>I know how the field is set out and where I run to score points for my team.</p>	<p>-I can describe how my body feels during exercise.</p> <p>-I know how to score points and can remember the score.</p> <p>-I know how my body changes when I do exercise.</p> <p>-I know when the ball goes over the net points are</p>	<p>-I can describe how my body feels during exercise.</p> <p>-I can find my pulse.</p> <p>-I know how to score points and can remember the score.</p> <p>I know which part of the foot to use when passing.</p> <p>I know how to defend by</p>	<p>-I know how to plan and repeat simple sequences of actions.</p> <p>-I know how to perform a sequence of actions.</p> <p>-I know how to use varied levels to make the sequence interesting.</p> <p>-I know what rolling, travelling balancing &</p>	<p>-I know how to choose movements with different dynamic qualities to express an idea, mood or feeling.</p> <p>-I know how to choose appropriate movements for different dance ideas.</p> <p>-I know how</p>

-I know using my arms will help me run faster and with control.
-I know my arms help me to balance when hopping, jumping and skipping.
-I know my arms will help with power when running and jumping high.
I know using high knees will help me run faster.
I know running before a throw will create power in my body to make it go further.

-I know how my body changes when I do exercise.
-I know the role of the wicket keeper and backstop.

scored.
-I know a game is played on a court.
- I know in a forehand your hand faces forward.
-I know in a backhand your hand faces backwards.
I know my body needs to be facing the right direction to help hit the ball over the net.
-I know what serves means.

blocking.
-I know how to defend.
I know how to attack.
-I know I can throw in different ways (bounce, roll and slide).

climbing means.
- I know how to use apparatus safely.
• I know how my body changes when I do exercise.
- I know how to use direction and levels to make my work look interesting.

to repeat dance phrases.
-I know how to use space.
- I know how my body changes when I do exercise.